

QUINTET NEWS
FOR THE BENEFICE OF
AYLMERTON
BEESTON REGIS
GRESHAM
EAST RUNTON
WEST RUNTON

SEPTEMBER 2022

FREE

HELLO FROM JEREMY

My dear Friends,

Each week in our newspapers, and on our television, we hear of terrible things happening all over our world, from the horrors of the war between Russia and Ukraine, to the situation in Afghanistan a year on from the Taliban takeover. Not to mention the seemingly weekly event of a mass shooting in America. And in our own country tales of parents murdering or letting their children be murdered, and of course the crisis of climate change, and the economic crisis.

At times like these it's all too easy to despair and our faith can tremble, and we can find it difficult to pray and can even wonder if there is any good praying at all. People want to know where God is in all this, and question whether God exists at all.

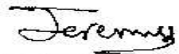
Back in 2004, the world was shocked by a siege by terrorists at a school in Beslan in Russia, where 333 people were killed. John Humphries on the Radio 4 Today programme interviewed the then Archbishop of Canterbury, Rowan Williams, and asked him "where God was in the events of the Beslan siege"?

Rowan Williams replied: "Where was God? Where was God in the Aberfan disaster? Where was God on 9/11? The short answer is that God is where God always is, that is, with those who are trying to comfort and bring light in any such situation."

God was there in all those people who made choices for others and not for themselves, even if it meant losing their lives, and in the story of Beslan there were many stories of heroism and self-sacrifice – in all their actions God was there. It's these people's actions which were the best witness to the reality of God, far more than any intellectual argument can ever be.

For us the best witness to the reality of God lies in our lives and in the priority we give to him, in the influences we allow him to have in our attitudes and our behaviour.

My love and blessing,



PRAYER CORNER

Please pray—

- For the people of Ukraine
- For the people of Somalia suffering famine and drought
- For the people of Afghanistan
- For the people of Syria
- For all who are struggling financially
- For all those suffering the effects of the drought
- For those who serve in our emergency services
- For children who are starting or returning to school
- For students going to University
- For those students who did not get the exam results they needed
- For the Wild Church initiative
- For our Benefice and Parishioners, especially those who are suffering with their health; and the recently bereaved
- For our church buildings that funds may be found for their urgent repair

“God is our refuge and strength, an ever-present help in trouble.”

Psalm 46:1

“Prayer is a plant, the seed of which is sown in the heart of every Christian. If it is well cultivated and nourished it will produce fruit, but if it is neglected, it will wither and die.”

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The Walsingham Cell meets on the first Thursday of the month and our next meeting will be on **Thursday 1st September at 7.00pm in Holy Trinity Church, West Runton**. Please join us for Evensong and Benediction, followed by cheese and wine. Everyone welcome – singing optional, but we would love your company!



THE AUTUMN SERIES OF WILD CHURCH IS ON!!

We meet on the second Sunday of the month and the dates for this season will be 11th September; 9th October and 13th November. We welcome families with children, and all ages.

WILD CHURCH on Sunday 11th September falls within the period in the annual church calendar known as the Season of Creation or Creationtide. It is a time dedicated to God as Creator and Sustainer of all life. We give thanks for God's gift of creation and renew our commitment to caring for our one planet, home. The theme for the Season of Creation 2022 is 'Listen to the Voice of Creation' and its logo is the Burning Bush that Moses witnessed in Exodus 3.

WILD CHURCH on 11th September will be based at West Runton beach where we will learn about marine life and how we can protect it. If you would like to do so, there will be equipment provided to do some rock pooling. You may want to create a sand sculpture of your favourite marine animal. We'll also enjoy our much-loved Storytelling and Music-making to help us on our journey of Discovery, Connectiveness & Wellbeing.

All outdoor activities are subject to weather conditions; indoor arrangements will be notified the day before, if necessary.

On 11th September WILD CHURCH will run from 2.00pm to 4.00pm (again these timings are dependent upon weather conditions). Our meeting point will be outside the Seaview Beach Cafe. Parking is available in the Seaview Beach Carpark – we will advise a discount for parking nearer the time.

The Seaview Beach Cafe will be open for light refreshments including hot and cold drinks, freshly baked mini-doughnuts and, of course, ice-creams. However, you may prefer to bring your own snacks and drinks. There are public toilets available at the beach. Sensible footwear is advised, especially if you are going to be dipping your toes into rockpools!! You are welcome to bring deckchairs and other beach paraphernalia!

This time, all children under the age of 14 must be supervised by an adult, please.

Keep your eye on the Facebook page for All Saints Church, Beeston Regis for further information. If you have any queries or comments, you are welcome to text Amanda Wooster on 07985 291930. We look forward to welcoming you on 11th September!

MARATHON 2022

ALL SAINTS CHURCH, BEESTON REGIS – MILE 10

After smashing his target of £26,000 and raising more than £38,000 for 26 local charities last year, Duncan Baker MP is aiming to do it all over again, but with a twist.

For every mile that Duncan completes, 25 local charities will each receive £1,000, and then for the final mile of the marathon, he wants to donate £5,000 to the Supporting Ukraine in Norfolk Community Foundation's Ukraine Fund that is helping refugees all over Norfolk. The target Duncan aims to raise this year is £30,000.

Forty charities were nominated by members of the public, and 26 charities were chosen in a live draw on Friday 1st July at the Holt Youth Project.

We are pleased to announce that All Saints Church, Beeston Regis has been successful in being one of the charities to be supported, being drawn as Mile 10.

Some of the other successful charities include—

- Sheringham Little Theatre (Mile 2)
- Sheringham & Cromer Choral Society (Mile 3)
- St Andrew the Apostle Church, Holt (Mile 8)
- Friends of Cromer Hospital (Mile 11)

A list of all the successful charities can be found on Duncan's website at: www.duncanbaker.org.uk/marathon2022 including details of how you can generously support them.

You can also donate by cheque, made payable to "Norfolk Community Foundation", and sent to FREEPOST Duncan Baker (no stamp needed). There is a "Just Giving" link at:

<https://justgiving.com/fundraising/duncanbakermarathon>



SUNDAY SERVICES IN THE BENEFICE

	Sunday 4 th September Trinity 12 <i>(Green)</i>	Sunday 11 th September Trinity 13 <i>(Green)</i>	Sunday 18 th September Trinity 14 <i>(Green)</i>	Sunday 25 th September Trinity 15 <i>(Green)</i>
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		11.00am <i>Harvest Festival</i>
All Saints Beeston Regis	9.15am <i>Eucharist BCP</i>	11.00am <i>Eucharist</i>	11.00am <i>Family Service</i> 6.00pm <i>Hymns & Pimms</i>	11.00am <i>Eucharist</i>
St Andrew's East Runton	9.15am <i>Eucharist</i>	9.15am <i>Morning Prayer</i>	9.15am <i>Eucharist</i>	9.15am <i>Eucharist</i>
Holy Trinity West Runton	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>
All Saints Gresham	11.00am <i>Eucharist</i>			

GLUTEN FREE WAFERS

We are now able to offer Gluten Free Wafers at the Eucharist Services at all our churches. If you wish to receive the Gluten Free Wafer during Communion then please make this known to the Churchwarden or Sidesperson as soon as you come in to church so that the priest can make the necessary hygiene arrangements.

CORONAVIRUS

Although not mandatory, you may wish to wear a face covering when attending Church to protect each other, and particularly those who are clinically vulnerable.

At the moment Communion will continue to only be given as bread, and the priests will continue the rigorous hygiene protocols that are in place including the wearing of a face covering when distributing the bread.

For those who still prefer to join us from home, we will continue to live stream West Runton's weekly service.

READINGS FOR SEPTEMBER – YEAR C

Sunday 4 th September Trinity 12	Deuteronomy 30. 15–20	Philemon 1–21	Luke 14. 25–33
Sunday 11 th September Trinity 13	Exodus 32. 7–14	1 Timothy 1. 12–17	Luke 15. 1–10
Sunday 18 th September Trinity 14	Amos 8. 4–7	1 Timothy 2. 1–7	Luke 16. 1–13
Sunday 25 th September Trinity 15	Amos 6. 1a, 4–7	1 Timothy 6. 6–19	Luke 16. 19–31

CARD READERS

You will have noticed that our churches now have Card Readers installed. Many people no longer carry cash, and so it is becoming increasingly important to provide other ways for people to give. The Card Reader allows people to choose the way they want to give money, whether it is via Chip and Pin, or a tap of their card or phone. It is very simple to use but if you have any questions then please speak to Jeremy.

SAFEGUARDING, HELP AND ADVICE

We take safeguarding very seriously at all of our Benefice Churches and care about all those we seek to serve within our churches and our communities.

We conform to the policy of Norwich Diocese which can be found at <https://www.dioceseofnorwich.org/about/safeguarding>

If you believe that either yourself or someone you know may be at risk of harm or neglect, please contact Rev. Jeremy to discuss your concerns and what the next steps might be.

Alternatively, you may contact the Norwich Diocese Safeguarding Team by email: safeguarding@dioceseofnorwich.org or by telephone: 01603 882345.

If you or someone you know is in immediate danger of being harmed then please call 999 to be advised by the emergency services.

NEWS FROM THE QUINTET BENEFICE

AYLMERTON

Harvest Festival — We look forward to welcoming you to our Harvest Festival Service on **Sunday 25th September at 11.00am**. Food parcels are needed now more than ever. Dried goods such as pasta, long life milk, tea, coffee, and tinned goods are always in demand. Donations will be delivered to the Food Bank. Please contact Connie on 01263 837647 if you have any queries.

BEESTON REGIS

“Hymns & Pimms” – We will be holding another of our popular Songs of Praise: Hymns & Pimms services on **Sunday 18th September at 6.00pm**. Everybody will be most welcome to join us, to sing some favourite hymns and enjoy a glass or two of Pimms. We will not be able to include everybody’s favourites during the service but if there is a particular hymn you would like to see included then please add your suggestion to the list at the back of the Church. Pat and Jeremy will be sharing the hosting duties and we would love to see a full Church for what is always a very popular service.

London Marathon – We are delighted that Duncan Baker, our local MP, has drawn us as one of the 26 local Charities who will benefit from the sponsorship money he hopes to raise by running the London Marathon on Sunday 2nd October. Duncan is looking to raise £30,000 and since we are due to benefit from his efforts it would be nice to support him financially. There is a “Just Giving” link at:

<https://justgiving.com/fundraising/duncanbakermarathon>

Families & Children, All Age Services – Here in Beeston we have just launched our “Families & Children, All Age Services”. They will take place on the third Sunday of the month at 11.00am. We have a Children’s Corner in the building which is well used and much enjoyed.

Building on our practice of using the much-loved Service of the Word, we have now incorporated a Children’s Talk and Children’s Activity Sheets, tailored for each service. We are exploring further ways to engage children in the services including music making, writing prayers and “show & tell”.

Children will be enthusiastically welcomed...and parents, rest assured, your children can be children, at our services! Everyone else is warmly invited too. Do come along and try us out!

EAST RUNTON

The Summer Coffee Morning held on Saturday 6th August raised a wonderful £467! Thank you to all who baked cakes and supplied prizes and items for selling, and of course, for your support and generosity.

WEST RUNTON

Coffee Mornings/Book Sales — We will be holding our Coffee Mornings/Book Sales on **Friday 2nd September and Friday 16th September from 10.00am to 12 Noon**. We have a very good selection of books and, of course, our coffee is well known as the coffee drinker's delight! Ten per cent of all proceeds go towards our Distress Fund and the rest goes towards the upkeep of Holy Trinity Church, West Runton. Do come and enjoy a coffee and a chat and help raise some funds!

Norfolk Churches Trust Bike Ride — This year's bike ride will take place on **Saturday 10th September from 9.00am to 5.00pm**. Father David Paskins has very kindly offered to take part in the cycle ride on behalf of Holy Trinity Church, West Runton. If you would like to sponsor Father David, and we hope you will, he can take details of your sponsorship by telephone on 01263 715905, by email at david@paskins.eclipse.co.uk or by signing the sponsorship form at the back of the church.

GRESHAM

We have had a break from events in Gresham for the summer, but our programme resumes in September.

On **Friday 16th September at 7.00pm** there will be a talk in All Saints Church titled, '**Pilgrimage in Medieval North Norfolk**'. The speaker is Dr John Beal and it promises to be a very interesting evening. Everyone is welcome and there will be complimentary refreshments as usual.

Looking forward, on **Thursday 6th October at 7.00pm** we have Abi from **Norfolk and Norwich Bat Group** coming to teach us about the three species resident in our Church.

Please do join us for one or both of our events.

WHAT'S ON

DATE	VENUE AND EVENT
THURSDAY 1 ST SEPTEMBER 7.00PM	WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY HOLY TRINITY CHURCH, WEST RUNTON EVENSONG AND BENEDICTION Followed by Cheese & Wine. Everyone welcome!
FRIDAY 2 ND SEPTEMBER 10.00AM–12 NOON	COFFEE MORNING & BOOK SALE CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and we have a good selection of books on sale. All welcome!
SUNDAY 11 TH SEPTEMBER 2.00PM TO 4.00PM	WILD CHURCH WEST RUNTON BEACH We will learn about marine life and how we can protect it. Meet at Seaview Beach Café.
FRIDAY 16 TH SEPTEMBER 10.00AM–12 NOON	COFFEE MORNING & BOOK SALE CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and we have a good selection of books on sale. All welcome!
FRIDAY 16 TH SEPTEMBER 7.00PM	"PILGRIMAGE IN MEDIEVAL NORTH NORFOLK" ALL SAINTS, GRESHAM Dr John Beal presents this talk which promises to be a very interesting evening. Everyone is welcome and there will be complimentary refreshments as usual.
SUNDAY 18 TH SEPTEMBER 6.00PM	"HYMNS & PIMMS" ALL SAINTS, BEESTON REGIS Participate in singing your favourite hymns and having a glass, or two, of Pimms!
THURSDAY 6 TH OCTOBER 7.00PM	NORFOLK AND NORWICH BATS GROUP ALL SAINTS, GRESHAM There will be a talk about the three species of bat resident in our Church. All are welcome to attend.
SUNDAY 9 TH OCTOBER 2.00PM TO 4.00PM	WILD CHURCH ALL SAINTS, BEESTON REGIS Come on the journey of Discovery, Connectiveness and Wellbeing as we learn to 'Listen to the Voice of Creation'.

**The Charities of E Hooke and an Unknown Donor
Registration No 240693 and 208187**

In these difficult times you may be in need of financial assistance.

If you live in Beeston Regis or that part of Sheringham east of Beeston Road, formerly part of the ancient parish of Beeston Regis, the above charities may be able to help.

If there is something you really need but cannot afford, then please ask if the charity can help. Grants may be made for a variety of needs, such as help with the cost of repairing or renewing essential household equipment, unexpected expenses associated with illness or bereavement and the like.

Contact Roy Beckley, Clerk to the Charities on 01263 837619 or by email to gwroybeckley@gmail.com

All enquiries will be treated in the strictest of confidence.

Note: Unless due to sudden and unforeseen problems, the Trustees are not able to make grants for general debts such as Council tax or utility bills.

DID YOU KNOW THAT....

The Gospel of Luke is the only one of the four Gospels to have a sequel. The book of Acts continues where Luke leaves off, and together they make up 25% of the New Testament. Luke's stated aim (Luke 1. 1-4) was to write an account of Jesus' life that was historically accurate and made sense to non-Jewish readers.

Luke sets the story of Jesus on a worldwide stage. His story begins (Luke 1) in the Temple of Jerusalem and ends up (Acts 28) in a rented house in Rome. Uniquely, Luke shows the connection between the life of Jesus and the growth of the church, and it is a story of triumph, as the gospel travels to the heart of the Roman empire. Another big theme of Luke is the way Jesus trashed the social priorities of his time – and, for that matter, of almost every other time. His attitude towards despised and downtrodden social groups was revolutionary.

Luke wrote beautiful Greek, and three of his hymns are still spoken and sung in church – the Magnificat, Benedictus, and Nunc Dimittis (Luke 1 and 2).

DEADLINE FOR OCTOBER NEWSLETTER: 23RD SEPTEMBER 2022

Please contact Pam Thompson if you would like an item included in the next Newsletter:

Telephone: 01263 510319 Email: pamjthompson@outlook.com